

Assistance with Life's Challenges

...at no cost to Jordan School District Employees



What is available to *all* Jordan School District employees?

You have access to online education with Blomquist Hale, our Employee Assistance Program. Please visit Blomquist Hale's YouTube channel www.youtube.com/c/BlomquistHale/videos. Here you can find videos that address Managing your Anxiety, Parenting, Financial Fitness, Communication 101, and much more.

You also have access to a variety of trainings and articles through ComPsych. To access, visit guidanceresources.com (Web ID: NYLGBS) and create a username and password.

What is available to *benefit eligible* Jordan School District employees?

Along with Blomquist Hale's YouTube videos and ComPsych's online literature (see above), you also have access to ComPsych's in-person or virtual counseling sessions. ComPsych allows up to 3 free in-person or virtual counseling sessions, per issue, per year.

What's available if you are *enrolled* on the Jordan School Districts medical plan?

You have access to both Blomquist Hale (blomquisthale.com) and ComPsych (guidanceresources.com) for any in-person or virtual counseling. You are limited to 3 free in-person or virtual counseling sessions, per issue, per year with ComPsych and unlimited with Blomquist Hale.

Blomquist Hale is also a great resource to help you navigate the world of mental health. They can help you find an in-network provider within our medical plan if you need additional help. Once you are referred, those benefits are now subject to your medical plan benefits.

Feel free to reach out to the Insurance Department if you have any questions.

ComPsych (800) 344-9752 - Blomquist Hale (800) 926-9619
Jordan School District Insurance Services (801) 567-8146 or insurance@jordandistrict.org